

Prevent Youth Violence

After a hurricane or other natural disaster you may feel afraid or frustrated. You may also feel irritated or angry. Taking these feelings out on others by hitting, shoving, pushing or using a weapon is never the right choice. Instead try other ways to handle your anger or sadness. This can help you and everyone around you feel better.

Do's

- Do respect other people
- Do talk out issues
- Do keep yourself safe by staying with friends or family
- Do seek help if you feel very stressed or depressed

Don'ts

- Don't punch, hit, or shove other people
- Don't bully, tease, or yell at others
- Don't carry weapons
- Don't use drugs or alcohol and don't be around people who use them

How can I prevent youth violence?



Respect others and value differences

Even if you feel stressed or anxious, do not bully, tease, or talk about others.

Get involved in the clean-up effort

Help with a community or local clean-up effort.

Avoid drugs and alcohol

Stay away from alcohol and drugs as well as people who use them.

Learn other ways to resolve arguments and fights

Talk through arguments without yelling, hitting or pushing.

Do not carry weapons

Carrying a weapon will not make you safer and often stirs up arguments and increases the chances that you will be seriously harmed.

How can I get help?



Call the National Crisis Hotline for victims of Hurricane Katrina at: 1-800-273-TALK (1-800-273-8255)